



Put Life Back in Your Life!



Manage Your Chronic Disease (MyCD) Program **A FREE Chronic Disease Self-Management Workshop**



Week 1 - Session Activities:

- Introduction to workshop
- Group Introductions
- The Mind-Body Connection/Distracton
- Getting a Good Night's Sleep
- Introduction to Action Plans

Week 2 - Session Activities:

- Feedback and Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity
- Preventing Falls/Improving Balance
- Making an Action Plan

Week 3 - Session Activities:

- Feedback
- Making Decisions
- Pain and Fatigue Management
- Endurance Exercise
- Relaxation: Body Scan
- Making an Action Plan

Week 4 - Session Activities:

- Feedback
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

Week 5 - Session Activities:

- Feedback
- Making Healthy Food Choices
- Medication Usage
- Making Informed Decisions
- Dealing with Depression
- Positive Thinking
- Making an Action Plan

Week 6 - Session Activities:

- Feedback
- Working with Your Health Care Professional and System
- Weight Management
- Planning for the Future

Days: Mondays

Dates: January 26 through March 9, 2015, excluding Feb.16th

Time: 1:00 p.m. – 3:30 p.m.

Location: Bosque Farms Community Center

Address: 950 North Bosque Loop, Bosque Farms, NM

SPACES ARE LIMITED! SIGN-UP TODAY!

CALL: Rose Poitras, BF Community Center Director
at **869-5133** or email at **ccdirector@bosquefarmsnm.gov**



CITY OF ALBUQUERQUE



BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS

